



# Female Players: monitoring health for performance

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**Female-specific sport science is thought by some to be an enigma. Much is written on how to monitor male athlete health, but little about female athletes.**

As women **are not** just 'little men', sports science and medicine **must take care** to ensure that normal, healthy female functions are **not ignored**, 'medicalized', or misunderstood within the context of sport. **Learn** the 'what', 'why', and 'how' to monitor female player health for performance.

In **2020**, the IOC published a consensus statement in the **British Journal of Sports Medicine** on the recording and reporting of epidemiological data on injuries and illness in sports. **This publication lacks reference to female athletes.**

In **2023**, a supplemental paper to the IOC consensus statement was published with the purpose of **address the female athlete health gaps**. **The purposes of this paper was to:**



**1** **Propose a taxonomy for categorisation of female athlete health problems across the lifespan**



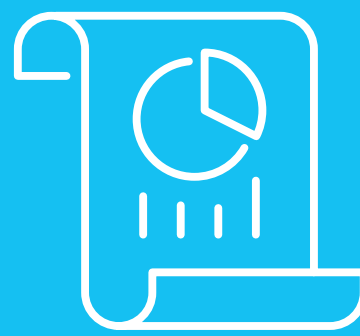
This publication **identifies ten domains** of female health for categorising health problems according to biological, life stage or environmental factors that affect females in sport.

Recommendations on how to safely and effectively **modify monitoring strategies** for female players are identified, with the objective of **improving the quality of player monitoring**, to better inform **injury and illness prevention initiatives**.



**2**

**Make recommendations for data capture to inform consistent recording and reporting of symptoms, injuries, illnesses and other health outcomes in sports injury epidemiology**



**3**

**Make recommendations for specifications when applying the Strengthening the Reporting of Epidemiology-Sport Injury and Illness Surveillance (STROBE-SIIS)**



## Take home messages

**1**

**10**

**female athlete player health domains** have been identified that can have potential effects on sport performance and participation



**2**

**Theoretical pathways** and potential relationships between **health domains**, **health problems**: i.e., causal, mediation, confounding, and effect modification.

**3**

**Monitoring female player health**, in contrast to male players, requires consideration with respect to **data collection methods**, management and sharing of information.



### References

Moore J, Crossley K, Bo K, Mountjoy M, Ackerman K, Sundgot-Borgen J, Brown W, Bolling C, Clarsen B, Derman W, Dijkstra K, Elliot-Sale K, Emery G, Haakstad L, Junge A, Mkumbzi N, Nimphius S, Palmer D, van Poppel M, Thornton J, Thomas R, Zondi P, Verhagen E. Female athlete health domains and their related health problems: a supplement to the International Olympic Committee consensus statement on methods for recording and reporting epidemiological data on injury and illness in sport. *Br J Sports Med*. doi: 10.1136/bjsports-2022-106620 PMID: 37349084

